

WOMEN'S HEALTH

Mr. CAMPBELL. Mr. President, I take this opportunity today to call my colleagues' attention to the importance of women's health care issues. I came to know the importance of women's health early in life. Some of you may know that my mother suffered from tuberculosis. Back in those days, patients with TB had to be isolated, so my mother was living in a sanatorium. I could not see her in person, only through the windows.

In the past, women's health did not receive the attention it deserves. I believe it is time to change that. If we are to eliminate the diseases that especially afflict women today, we will need real dedication to the task of developing new treatments and prevention techniques.

And because women make many of the health care decisions for families, their decisions touch the health of many people—children, spouses, elderly parents and relatives. In this great country of ours, where we emphasize personal responsibility, good health care decisions are fundamental to quality health.

As medical science advances into new territory, expanded choices will give women unprecedented opportunities to live better and longer lives, and to affect the quality of health care in our country. Women will be called upon to take charge of their own health as well as to demand medical excellence for their families. Only with the help of such informed decision makers will we be able to develop policies which assure all Americans access to affordable, quality health care.

In an effort to highlight women's health care and to make women aware of the health care choices that are available to them, I recently co-hosted a forum, Health Care: What Every Woman Should Know, with our former colleague in the Senate, Hank Brown, now President of the University of Northern Colorado. The conference featured a number of panelists who discussed the latest research and treatment of various kinds of cancer as well as depression and eating disorders. Legislative initiatives and solutions were also part of the forum agenda.

Mr. President, I ask unanimous consent that a copy of the forum agenda and an article from the Greeley Tribune newspaper highlighting remarks of the keynote speaker Assistant Surgeon General Susan Blumenthal be printed in the CONGRESSIONAL RECORD.

There being no objection, the material was ordered to be printed in the RECORD, as follows:

HEALTH CARE: WHAT EVERY WOMAN SHOULD KNOW

Sponsored by Senator Ben Nighthorse Campbell and the University of Northern Colorado)

U.S. SENATE,

Washington, DC, June 3, 1999.

DEAR FRIENDS: Thank you for attending today's forum, Health Care: What Every Woman Should Know. I am honored to co-host this event with the University of Northern Colorado, and I hope today's forum provides you with knowledge to ensure a healthier life for you and your families.

I have always worked to ensure access to affordable, high quality health care. Women's health has historically received little attention and it is time that we correct that. Because women are the primary care givers and make most of the health care decisions for families, it is important to make women aware of the advances that are taking place in the areas of research, detection, treatment and prevention.

Personal health choices are fundamental to quality health care. Today's forum will highlight approaches that can lead to early intervention, less invasive and less expensive treatment and cost-saving strategies.

I sincerely hope you will use what you learn today to make positive health care choices.

Sincerely,

BEN NIGHTHORSE CAMPBELL,
U.S. Senator.

AGENDA

8:30 a.m.—Registration Confirmation: Coffee, fruit, bagels.

9:00 a.m.—Welcome: UNC President Hank Brown and Senator Ben Nighthorse Campbell.

9:15 a.m.—Panel I: Confronting the "C" Word—Moderator: Kim Christiansen, Channel 9 News Anchor.

Saving Your Skin: Skin Cancer—Jim Martin, PhD, GNP;

The Capricious Cancer: Breast Cancer—Alison Merrill, RN, MS;

The Silent Cancer: Ovarian Cancer—Susan Carter, MD;

Survival and Beyond: Cancer Rehabilitation—Susan Carter, MD.

10:20 a.m.—Break.

10:35 a.m.—Panel II: Mind and Body Connections—Moderator: Adele Arakawa, Channel 9 News Anchor—

Your Mind and Moods: Dealing with Depression—Maria deMontigny Korb, RN, PhD;

The Fear of Being Fat: Eating Disorders—Judy Stauter Huse, RD, MS;

How to Change with the Change of Life—Meredith Mayer, RN, MS, FNP.

11:35 a.m.—Getting the Best Care: How You Can Be An Advocate (Legislative Initiatives and Solutions)—Raissa Geary, MA, Professional Staff, U.S. Senate Health, Education, Labor and Pensions Committee.

Noon—Lunch: Guest Speaker: Susan Blumenthal, MD, MPA, Assistant Surgeon General—"Critical Public Health Issues for Women in the 21st Century".

1:00 p.m.—Closing Remarks: Senator Ben Nighthorse Campbell.

UNIVERSITY OF NORTHERN COLORADO,

Greeley, CO, June 1999.

GREETINGS: It is my pleasure to extend warm greetings and welcome you to this forum on Health Care: What Every Woman Should Know. The University is proud to co-sponsor this event with Senator Ben Nighthorse Campbell and the College of Health and Human Sciences. The College is dedicated to improving the human condition

through its educational programs and fosters a desire of "giving back" to the community.

This is a special occasion for the University of Northern Colorado and a sign of our commitment to be an educational partner with other community. I would like to acknowledge the North Colorado Medical Center, Inc. and the Western Plains Health Network who serve as partners in this important forum. We hope to expand our partnerships with other institutions and communities to truly reflect our University mission in teaching, research, and service throughout the State of Colorado.

The forum is designed to help you: recognize the warning signs and be aware of factors that affect your well-being; take responsibility for making wise decisions about your treatment and recovery; and, how to be an active, well-informed partner in health care. Your attitude, knowledge and involvement in the health care partnership can influence the progress of treatment and rehabilitation. This forum can help you make a difference.

We hope you will find this forum a fine resource for the knowledge necessary to dispel old myths, quiet new anxieties, and provide information that all women need about their health care.

Sincerely,

HANK BROWN,
President.

MODERATORS

Adele Arakawa is an anchor for Channel 9 News, the Gannett-owned NBC affiliate. She attended Tennessee Tech University and the University of Tennessee and has been in broadcasting since the age of 16. She won best-anchor in 1997 for coverage of the Oklahoma City Bombing Trial and has received a total of 7 Emmy nominations.

Kim Christiansen is an anchor and reporter for Channel 9 News, the Gannett-owned NBC affiliate. She received a degree in Journalism from the University of Colorado in Boulder. Kim is devoted to the fight against breast cancer and serves as the spokesperson for the Buddy Check 9 program at 9 News, which was nominated for a national community service Emmy Award. She received three heartland region Emmy awards for news writing and outstanding general news.

SPEAKERS

Susan J. Blumenthal, MD, MPA is a national expert in women's health and mental illness. Dr. Blumenthal serves as U.S. Assistant Surgeon General, Rear Admiral, and Senior Science Advisor in the Department of Health and Human Services. She is also a Clinical Professor of Psychiatry at Georgetown School of Medicine and Tufts University Medical Center. For 12 years prior to her appointment as Assistant Surgeon General, she directed major national research programs at the National Institutes of Health. Dr. Blumenthal writes a monthly health column for Elle magazine.

Raissa Geary is a professional staff member for the U.S. Senate Health, Education, Labor and Pensions Committee. She received a BA from the University of Connecticut and holds a Master's Degree in Comparative Politics from American University. Ms. Geary develops and drafts health legislation and agency directives and advises the committee on all health issues. Her work during the 106th Congress includes Managed Care Reform and Medical Records Confidentiality.

PANELISTS

Susan Carter is a gynecologic surgeon, specializing in women's health issues. She received a BA from the University of Texas, Austin and an MD from the University of

Texas Medical Branch in Galveston. Dr. Carter is Director of the Regional Breast Center of North Colorado and Medical Director of the Rocky Mountain Cancer Rehabilitation Institute.

Jan Martin has worked with the University of Northern Colorado School of Nursing for over 14 years. She received a BS in nursing from Northwestern Louisiana University; an MS in nursing and GNP from the University of Colorado Health Sciences Center; and a PhD in Higher Education Administration from the University of Denver.

Alison S. Merrill teaches nursing at the University of Northern Colorado and is a Clinical Nurse Specialist in Oncology. She received a BS in Nursing from the University of Rhode Island and an MS in Nursing from the University of Michigan.

Meredith Mayer is a nurse practitioner and faculty member at the North Colorado Family Medicine Residency Training program in Greeley, CO. She received a BS in psychology at the University of Colorado in Boulder and an MS in Nursing at Pace University in Briarcliff Manor, NY.

Judy Stauter Huse is a Health Education and Nutrition Consultant, specializing in wellness and eating disorders. She received her BS and MS from Iowa State University and has taught nutrition at the North Colorado Medical center and the University of Northern Colorado.

Maria deMontigny Korb is on faculty at the University of Northern Colorado Department of Nursing. She studied for a Master's Degree and PhD in Transcultural Nursing at the University of Utah and has worked and taught in the clinical area of psychiatric nursing.

WOMEN'S HEALTH GETS MORE ATTENTION— ASSISTANT SURGEON GENERAL SPEAKS ON ADVANCES

(By Adam Silverman)

Although mammograms are responsible for saving the lives of thousands of women every year, the technology is 40 years old and still misses crucial early warning signs of breast cancer.

That was the challenge facing Susan Blumenthal, assistant surgeon general of the United States. Rather than waiting for new technology to be developed, she called the CIA. Together with NASA and the CIA, Blumenthal used spy-satellite technology to improve the success of mammograms.

"Some of the same imaging technology used to find tanks camouflaged behind trees can now be used to find cancer cells," she said. Blumenthal was in Greeley on Thursday to deliver the keynote address at a conference about women's health.

The conference, held at the University of Northern Colorado, featured a variety of panelists who discussed everything from anorexia to breast cancer to political action.

Blumenthal delivered a "report card" on women's health in the country today: The biggest problem facing women isn't any one disease, but instead is a lack of focus on women's health.

"We must address these issues if we want to safeguard women's health," she said.

The problem stems from the fact that women's health issues also are political issues, said Raissa Geary, a member of the U.S. Senate's Health, Education, Labor and Pensions Committee.

"This is more politically charged than almost anything we do," she said. "We're treated as a political issue when it comes to health care. We have wonderful, pure approaches to women's health care policy, but it's not in a vacuum."

Although women's health is not being discussed as often as most women would like, awareness of health problems facing women has increased in the past century, Blumenthal said.

For many years, serious health problems such as heart disease and lung cancer were thought only to occur in men. But through increasing research in women's health issues, Blumenthal said, concerns such as these are being discussed.

Also, it's important to include women and minorities in all research projects relating to health issues that affect women as well as men, Blumenthal said. Programs that don't include women will lose their federal funding.

Marianne Dinges attended the conference Thursday and said the experience was valuable. She said she was impressed with the quality of the speakers and the topics they were scheduled to discuss.

"It appeared we were going to see a full gamut of issues and their political relevance," she said. "A lot of us are involved in women's issues and hear a lot about this, but we all got new information."

The conference was sponsored by UNC and U.S. Sen. Ben Nighthorse Campbell, R-Colo. Campbell said his staff pitched the idea to UNC after receiving many calls from women about health issues.

"It came from the community activists who wanted me to do it," he said.

The issues addressed at the conference need to be at the forefront of public debate, Campbell said.

He said he will take the information back to Washington, D.C., and enter it into the Congressional Record. He also wants to start a series of forums like the one Thursday to further address the issues.

"We just touched the surface of women's health," he said. "The time to endure is passed. It's time to fight back."

HEALTHY LIVING

Susan Blumenthal, assistant U.S. surgeon general, gave these tips for healthy lives:

Find a doctor who respects you.

Know your family health history; many diseases are genetic and run in families.

If you smoke, stop. If you don't, never do. It's the No. 1 preventable cause of health problems among women.

Exercise or do some other sort of physical activity at least 30 minutes every day. This could be as simple as riding a bike or walking up stairs rather than using the elevator.

Eat smart.

Get annual physical exams, and make sure to include routine women's health tests such as pap smears.

Know your health care plan and make sure to read the fine print.

Mr. CAMPBELL. Mr. President, information we received at the forum will be helpful in my work on the Appropriations Committee as we consider funding priorities in the women's health area.

I thank the Chair and yield the floor.

MESSAGES FROM THE PRESIDENT

Messages from the President of the United States were communicated to the Senate by Mr. Williams, one of his secretaries.

EXECUTIVE MESSAGES REFERRED

As in executive session the Presiding Officer laid before the Senate messages

from the President of the United States submitting sundry nominations which were referred to the Committee on Banking, Housing, and Urban Affairs.

(The nominations received today are printed at the end of the Senate proceedings.)

MESSAGES FROM THE HOUSE

At 4:00 p.m., a message from the House of Representatives, delivered by one of its reading clerks, announced that the House has passed the following bills, in which it requests the concurrence of the Senate:

H.R. 1259. An act to amend the Congressional Budget Act of 1974 to protect Social Security surpluses through strengthened budgetary enforcement mechanisms.

H.R. 1915. An act to provide grants to the States to improve the reporting of unidentified and missing persons.

The message also announced that the House agrees to the amendment of the Senate to the bill (H.R. 435) to make miscellaneous and technical changes to various trade laws, and for other purposes.

The message further announced that pursuant to section 334(b)(1) of Public Law 105-220 and the order of the House of Thursday, May 27, 1999, and upon the recommendation of the Minority Leader, the Speaker appoints the following member on the part of the House to the Twenty-First Century Workforce Commission: Mr. David L. Stewart of St. Louis, Missouri.

The message also announced that pursuant to the provisions of 22 U.S.C. 276d, the Speaker appoints the following Members of the House to the Canada-United States Interparliamentary Group, in addition to Mr. Houghton of New York, Chairman, appointed on February 11, 1999: Mr. Gilman of New York, Vice Chairman, Mr. Oberstar of Minnesota, Mr. Shaw of Florida, Mr. Lipinski of Illinois, Ms. Slaughter of New York, Mr. Upton of Michigan, Mr. Stearns of Florida, Mr. Peterson of Minnesota, Ms. Danner of Missouri, Mr. Manzullo of Illinois, and Mr. English of Pennsylvania.

MEASURE REFERRED

The following bill was read the first and second times by unanimous consent and referred as indicated:

H.R. 1915. An act to provide grants to the States to improve the reporting of unidentified and missing persons; to the Committee on the Judiciary.

EXECUTIVE AND OTHER COMMUNICATIONS

The following communications were laid before the Senate, together with accompanying papers, reports, and documents, which were referred as indicated: